



Home isolation and quarantine explained



Home isolation after testing

- A person with symptoms (high risk of transmission)
- Short duration until testing comes back
- Stay at home
- Avoid ALL contact ie stay in bedroom with window open, use separate toilet and clean after use, wear facemask when in common areas of the home
- Don't share items eg kitchenware, laundry

Quarantine (close contacts)

- A person without symptoms (low risk of transmission)
- Up to 14 days (shorter if delay between exposure and identification)
- Limit movements and interactions as much as is practicable
- Avoid social gatherings, healthcare, educational and workplace settings
- Can go outside if maintains >2m distance from others
- No restrictions on other household members (unless also close contacts)



www.hpsc.ie